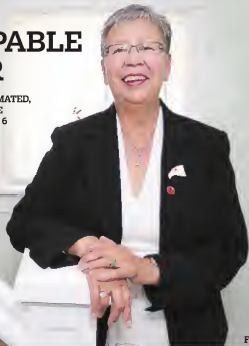


## THE UNSTOPPABLE SENATOR

PREJUDGED AND UNDERESTIMATED,  
LILLIAN DYCK HAS OVERCOME  
DAUNTING LIFE OBSTACLES **P. 6**



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# INVENTORY

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## # LA VIE LENTE FASHION BOUTIQUE

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Senator Ulfen Dyck with her dog, Ruby, at her home in Saskatoon. **BRIDGES PHOTO BY MICHELLE BERG**

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## # MY FAVOURITE PLACE PG. 13



Darlene Wright is going to start working in the greenhouse at the Coast Neighbourhood Youth Co-op. Her favourite place in Saskatoon. **BRIDGES PHOTO BY MICHELLE BERG**

**CORRECTION:** Last week's Fashion page featured Newch Flowers Home. The wrong name was mistakenly published. Bridges regrets the error.

## BRIDGES COVER PHOTO BY MICHELLE BERG

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## FASHION

What's the best deal you've found at an end-of-summer sale?  
Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # SASKATCHEWAN FASHION

## Saskatoon Tweed Ride: Onwards! with vintage fashion

By Angelina Irmaci

Saskatoon is getting its first Tweed Ride thanks to Mahesh Hooshmand and a group of his friends.

A Tweed Ride is a group of people cycling around the city donning 1920s fashion: tweed suspenders, bowler hats, vintage hats, and more. "A lot of people wonder 'what are you doing aside from dressing up and going for a bike ride?' That's what we're doing. That's all it is," Hooshmand explains.

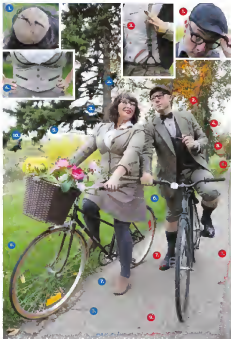
She says that most major cities have a Tweed Ride and since Saskatoon is becoming a major city, she wanted to bring on the trend. "There's no fee to take part, although Hooshmand would eventually like to charge for the event, with proceeds going to a charity educating children about cycling. But for now, Saskatoon Tweed Ride is a free event for every one of all ages and cycling abilities."

"It's a nice event; everyone can come. It's not political, it's not religious. [You say] if you want to dress up and say things like 'onwards!' Hooshmand's spouse Anthony Knight says with a laugh.

"And 'tollyho!'" Hooshmand adds. The couple incorporate tweed pieces into their everyday wardrobe, so their Tweed Ride outfit is some fairly natural to them. Hooshmand points out that today's fashion trends are inspired by the past, items with wool and tweed trim, vests with zebra, and herringbone jackets. Knight adds that the bow tie has made a comeback and questions why men ever stopped wearing suspenders.

All those different pieces and really nice, rich woven pieces have come back; you can see them everywhere," Hooshmand says.

For the Bridges shoot, the two arrived in their Tweed Ride outfits; they'll be wearing at the event on Oct. 8. It starts at 1 p.m. at the Memorial Fountain and ends at the Bendorazh Gardens for high tea. "People are encouraged to bring their own picnic, blanket and tea set. Oh, and their tweed."



Mahesh Hooshmand and Anthony Knight prepare for the Saskatoon Tweed Ride. BRIDGES PHOTO BY ANGELINA IRMACI

## Outfits:

## Hooshmand

1. **HAIR FASTENER:** Handmade by Hooshmand. "I used a ball of wool that I squashed and then I covered it with some tweed fabric."

2. **GLASSES:** Boris

3. **WHITE SHIRT:** Guy Shier

4. **TWEED VEST:** Value Village. "It's a nice fitting vest with buckles on the back."

5. **TWEED JACKET:** Value Village. "This would make a really nice evening jacket; unbuttoned with a loose sweater underneath and a scarf, yeah!"

6. **TWEED SKIRT:** Value Village. "I'd be a 'Newspaper' pair that I've seen with a bloused sweater."

7. **WOOL TIGHTS:** American Apparel

8. **SHOES:** Wal-Mart. "They could probably use a little bit of padding, but they are really comfortable."

9. **BIKE:** Vintage. "I'm not from Toronto."

10. **BAGGIE:** The Doctor

## Knight

1. **HAT:** Yard sale for 75 cents.

2. **BOWTIE:** Gift from a friend.

3. **SUSPENDERS:** Hooshmand bought one from a friend that she got in an antique shop in Victoria, B.C.

4. **JACKET:** Thrift store in Toronto. "It was in the girls area and I was in there because I'm insecure with my sexuality. It was beside this pink place and the pink jacket shirt it was \$49.99."

5. **BIKE:** Gift from Victoria.

6. **PANTS:** Value Village, altered by Hooshmand. "These were a normal pair of pants from Value Village, but my honey bunny crafted them under a sewing machine."

7. **SHOES:** Target. "I don't know where to get long socks!"

8. **SHOES:** AAA Army Services in Toronto.

9. **BIKE:** A 2007 gift bike that he converted into a commuter bike.

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# ON THE COVER

You don't just live for yourself. You live for those around you. —Lillian Dyck

#SEN. LILLIAN DYCK

## Working and living for the people



Senator Lillian Dyck has experienced her share of personal scars. She is now an advocate for Aboriginal people and women's rights. REEDS PHOTO BY MICHELLE REED

By Angelina Irimaci

Senator Lillian Dyck is a woman of firsts. She's the first First Nations woman appointed to the Canadian Senate. She's the first Canadian-born Chinese person appointed to the Senate. She received a master's of science from the University of Saskatchewan the first year it awarded them and she's one of the firsts, if not the first

First Nations woman to obtain a PhD in the sciences in Canada, and likely worldwide.

She's an advocate for women, Chinese-Canadians and First Nations. And she's proud of her First Nations heritage. But it wasn't always that way. There was a time when hardly anyone knew she was Aboriginal.

Dyck was born in 1950 in North Battleford to a Chinese father and

Chinese mother who was about 20 years his junior. Her father immigrated to Canada in 1912 and was ordered to pay a Chinese head tax of \$500 (equivalent to around two years' salary) to the Canadian government. By law he could not have white women at his side, so an act that was put in place to deter intermarriage. Dyck's father hired a Chinese woman — Dyck's mother — to work on the Victory Club, approxi-

imately wanted to commemorate the end of the Second World War.

Dyck remembers her family being ragged off and then one day they weren't. She was 14 and came with papers due to her father's grandfather and legal trouble with his business. Since he hardly read or wrote English, he could have been easily manipulated, she explains. While growing up, her family moved around to different

small towns in Saskatchewan and Alberta. When Dyck was 10, her mother died after her health deteriorated. She had a "weak heart" due to their harsh lives. The burden on her father increased.

"I'm sure when she passed away it made it that much harder for him to run a business because she would help him with the language," Dyck says.

I thought, 'OK, now I am Dr. Lillian Dyck.' Now I can admit to anyone that I'm an Indian because I've proved myself.

— Dyck

It was up to the kids to pitch in. Dyck and her older brother Weston helped run the sale when they got home from school. She says Weston remembers their father debating if he should put the two up for adoption after their mother died. As was custom, he was the one who refused, she says. "I think that being smart was the thing that saved us. Even though people looked at you, you could still pass your genes."

She would take it to the Chinese butcher's group and would be brought about how smart his daughter-in-law, she says. "I think that being smart was the thing that saved us. Even though people looked at you, you could still pass your genes."

Although Dyck did experience some racism, Watson's experience was worse. He was beat up and suffered racial slurs. As for being bilingual, "because our last name was Quan, everybody thought we were just Chinese. Our mom had said to us, 'Don't tell anybody that you're an Indian because it'll be too difficult. There will be too much discrimination,'" Dyck explains.

The family would visit the Gordon First Nation where her mother grew up, but before she passed, she told the kids not to visit and to "forget about them." Her mother, who went to a residential school, also forbade the learning of Cree or a Chinese language because she feared her children would be picked on if they developed an accent.

Dyck's story featured alongside playwright Kenneth Williams, especially since he found out he and Dyck are distant relatives.

"Well, somehow I'm related to it. It's a piece of history that we've either ignored or don't want to know. It's important to understand where our stories come from and who we are. It's necessary to tell these stories."

Williams did. In April, a play based on Dyck's childhood debuted in Canada. He says that Cuts Daughter is his best work so far and it taught him to be more empathetic.

"She's a very fascinating person. To come from that background and then fight your way into an academic environment... I'm proud of her."

Continued on Page 8



Dr. Lillian Dyck looks through family photos in her home in Saskatoon. PHOTO BY MICHELLE SENE

## Nuts About Nature At Beaver Creek Conservation Area



Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city. Come on out and hike a trail! Nature awaits!

Guess what kids? You can send your questions to me at the address below.

Dear Chip,  
Do hummingbirds fly in flocks when they migrate?  
Your friend Taylor



Have you noticed the large flocks of birds flying south these days? Many birds are leaving our area to travel the winter in warm places like Mexico and South America. Birds such as the Ruby-throated Hummingbird must travel to warmer regions to find the food they need to eat. Hummingbirds eat small insects and flower nectar, and you can't find those two food items here in Saskatchewan in the winter! Many birds, such as ducks and geese, migrate in large flocks. Hummingbirds however, do not. These tiny travellers fly solo until they reach the Gulf of Mexico. Here they will join with large flocks of songbirds to make the 400 kilometre non-stop journey across the waters of the gulf. An amazing feat for a bird that only weighs about as much as a sparrow!

Send your questions to me at the address below, then watch BirdGeeks for the answers.

Your pal: Chip

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She's the type of person who would feel a strong responsibility to use the opportunity and the position that she has in order to try and make things better for other people. — Susan Gingell

Dyck's Vanity View house in Saskatoon is an intersection of her two cultures, Chinese decorations and artifacts adorn the fireplace mantel and side tables in her living room. A large mirror in an arched frame to her left is a residential school survivor sits in the centre of her dining table. A white leather accent chair is draped with a blanket featuring an aboriginal design, two decorative Chinese pillows sit atop the kitchen. The house is humble and lived in with warm colours on the walls and rugs on the floor. Dyck was picking apples from a large tree in her backyard. She kept a half bag full, way up the tree when apples fall, they don't get bruised. She explains that her son, Nathan, can make the apples any way of the top.

"That's their dog helps me keep safe, and my son I guess you need a balance," she says, sitting at her table set on the back deck. Her drink, paper and two empty coffee mugs sit on the table. After the apple picking, she was getting some work done. She's busy these days.

Alive as "out of the blue" as progress in the Canadian Senate by Paul Martin in 2006, Dyck has been travelling back and forth between Ottawa and Saskatoon, and other places for speeches and conferences. Her work focuses on advocating for aboriginal people (senior women, education and employment), the status of women, women in science, Chinese-Canadian issues and mental health. "I came from the Chinese side and grew up in the Chinese community and I was always a strong advocate for aboriginal people. It was always important to me to be my own life," she explains.

In the early 1980s, Dyck worked with U of S English professor Diana Gingell as the President's Advisory Committee on the Status of Women. Gingell remembers talking to Dyck right away and thought of her as a strong, confident woman who was never shy or reticent or passive.

"She's the type of person who would feel a strong responsibility to use the opportunity and the position that she has in order to try and make things better for other people," Gingell says.

Dyck was completely caught off



Senator Lillian Dyck's home is a reflection of her Dene and Chinese heritage. — GREGG PHOTO BY MICHELLE BING

guard when she was called to the Senate. In fact, she thought maybe it was an early April Fools' joke. Dyck was never very politically involved.

"I hate politics," she says with a deep laugh. Although she was extremely nervous, to the point of shaking when she walked up to sign the charter. Dyck decided to go through with it because she saw it as an opportunity.

Her money got the best of her at the beginning when she chose to represent the NDP party, because she was already a Saskatoon resident of the NDP and because she identified herself as a socialist. But then she learned that internally the NDP doesn't believe in the Senate. Dyck says Jack Layton thought Martin asked her to be an NDP senator, but

that wasn't the case.

"They needed me instantly. I thought, 'Oh my God what have I done?' I felt so hurt."

Afterward, Layton, unpleased, but never made it public. However, Dyck's women invited Dyck to their women's meetings and after a year or so she changed her designation to Independent NDP.

"If I were politically involved I would have respected the wishes of the person who appointed me. I'll be grateful and say 'Thank you. I'll be a Liberal,'" she says.

Eventually she came around. In 2009 she joined the Liberal caucus. "He effective in this Senate you have to be part of a party."

She appreciates the Liberals' policies on multiculturalism and aboriginal issues like the Stems

Amend.

"I got to understand how deeply the Liberal party especially Paul Martin was concerned about aboriginal people."

When it comes to politics today, Dyck says that sometimes it's difficult to stay positive. She compares the recent Senate scandals to a chipped tooth. "Everything else in your mouth and all the other teeth are perfectly fine, but the little chip will get your attention."

She does say that she was upset and disappointed when she read a copy of Sen. Pamela Wallin's audit. She was confused with some of the expenses and says it's "such a waste."

Dyck adds she understands why many would like to see the Senate abolished, but adds that Canadians

are confusing the actions of a few senators with the purpose of the Senate itself.

"If there wasn't a Senate people then could not have a second chance to stand or stay a bill once the House of Commons passed it. That would be it. Shouldn't the citizens have a second chance? I think they should."

Gingell says that Dyck's work in the Senate is extremely important and points to Dyck recognizing and honoring aboriginal contributions to society and also advocating to "make things better."

"We stand a better chance of making change with people. The Liberals in the Senate and speaking out," Gingell says.

But it won't be easy for Dyck to get there.



Wow! Someone I'm related to is living a piece of history that we've either ignored or don't want to know.  
—Kenneth Williams



Senator Lillian Dyck at the Science Ambassador Celebration in August, 1968, when ambassadors gave a speech on their placement and work in ranches and First Nations schools. *Stéphane Lévesque*

Rejoice of being a full professor in the neuropsychiatry research unit and later the associate dean of the College of Graduate Studies and Research of the U of S, Dyck experienced explicit racism throughout her career, which she calls "the daily" "world made enemies of" about her not wanting full-time work because she had a husband. She believes the racism was heightened because of her race; once she was told she was acting like a "true Native person" because she sitting cross-legged at a staff barbecue. She was a member of awards during her time and one of her colleagues congratulated her. She claims her supervisor didn't acknowledge her appointment to the Senate. Her stress at work influenced her home life and eventually she got a divorce in the early 1990s.

"It got to the point where it did almost totally demolish me. At one point, I actually had to go for counselling."

In the end, she focused on the strength her mother gave her to keep going. The members are particularly difficult days when she was ready to give up. She was walking home from the university and crying, "Then, a 'saint at light' came on it felt like her mother came to her in that moment. Dyck realized if her mom could withstand residential school, get married and have kids, then she could make it."

"If she could live with that, I was damned if I was going to let that guy push me out of my job because I was a woman." Her recent studies with racism. "From that moment on I felt no body, nobody could ever push me back. I was there to stay."

Continued on Page 30

## Authentic Amish Cooking



Authentic Amish Cooking

### Apple Dumplings

**Dough:**  
2 C. pastry flour  
2 T. sugar  
1 egg  
1 C. cold water

**Filling:**  
1 C. butter  
1/2 C. salt  
2 T. sugar  
1/2 C. baking powder

**Directions:** Heat, cover, sugar, salt and baking powder. Add beaten egg, orange and water. Beat and



pull out dough and roll into balls. Place one apple half in each square. Pinch around apple. Place dumplings in a baking dish and bake at 375 for 30 minutes.

### Turkey Stuffed Peppers

**Ingredients:**  
4 lbs. Peppers  
1 lb. Ground Turkey  
1/2 C. onion, chopped  
1/2 C. carrot, grated  
1/2 C. celery, chopped  
2 C. Ground Beef  
1 C. Chili Powder  
1/2 C. salt  
2 T. sugar  
1/2 C. tomato sauce



**Directions:** Cut tops off peppers, remove seeds. Preheat for 5 minutes and allow to cool. Remove the turkey

from oven. Add all remaining ingredients except the rice, cheese and tomato paste. Cook rice in the microwave. Add rice and cheese. Pour mixture into a baking dish and bake at 375 for 30 minutes. Serve with cheese sprinkled over the top if desired.

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**NEXT WEEK:** How do you ensure quality time in your family? Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # PARENT TO PARENT



Each week *Bridges*, in connection with [SaskatoonMoms.com](http://SaskatoonMoms.com), gathers advice from parents to share with other moms and dads. This week we asked:

## When did your baby start sleeping through the night?

"My twins are four years old and we still have a zzzz with hiccups through the night!"  
—Monelle Goodrich

"Oh boy, that's so long ago! Aiden's really wonderful but I would guess around six months...maybe seven!"  
—Carla Conroy

"My dad I have so many nights that when child sleeps through the night, they seem to get up at least once. We have to deal with the new one well but the nights they do sure a treat!"  
—Alyssa Connelley

"My son is 18 months and is still as when we were making it through the night. He sleeps with me and naps at least three times."  
—Jennifer Mill Jara

"My son is 17 today and likes to stay up until 4 a.m. I do one hour to let him cry two nights in a row and then he was good!"  
—Carla Roldan

"Best of my days were sleeping through the night by four months! They're four and so now and still do!"  
—Ron Ryan Langer

"My daughter was about a year when she started sleeping through the night. My son is five and still started sleeping through the night consistently!"  
—Lee Schuler

"My oldest was two, my second was seven months and then eight months and my youngest son RSV (Respiratory Syncytial Virus) when she was five weeks and even when she has slept through the night."  
—Alana Coffey

"Never!"  
—Lidia Deane

"My son is 10-and-a-half months and still gets up twice a day every night."  
—Alana Bowser

"My son is 10 years old and still doesn't sleep straight through the 10-plus hours they are in bed each night without head use of them waking at least once during that period. My five-year-old takes naps every week as well but it is only once we have room... I was very fortunate and by four months all of my children sleep for up to ten or four hours at a time or night waking us to fuss and cry back to sleep for time to four more hours on a daily consistent basis."  
—Tanya Anderson



## CALL FOR NOMINATIONS

The City of Saskatoon, through its Municipal Heritage Advisory Committee, is recognizing work in heritage preservation in Saskatoon through the presentation of Awards/Certificates, under the following:

### (A) BUILDING, SITES & GROUNDS

#### The six project categories are:

- (i) Restoration - Exterior
- (ii) Restoration - Interior
- (iii) Adaptive Re-Use
- (iv) Sensitive Infill
- (v) Sensitive Addition
- (vi) Heritage Space

Nominations for each category are provided on the application form.

### (B) VOLUNTEER PUBLIC SERVICE

This category is open to both individuals and groups who have demonstrated a long-term commitment to archaeology, history, museums, historic buildings and sites, genealogy and folklore.

### (C) EDUCATION

This category is open to both individuals and groups for undertaking endeavours which enhance the public understanding and appreciation of the City's natural and human heritage.

Entry forms are available on the City's website at [www.saskatoon.ca/select.bc](http://www.saskatoon.ca/select.bc) (for Heritage Awards) and from Main Reception Desk, Front Lobby, City Hall, Saskatoon, Saskatchewan S7K 0J5.

The deadline for submissions is Friday, November 8, 2013 at 5:00 p.m. Any program completed prior to September 1, 2013 is eligible, including non-award winning submissions from past years.

For further information contact Sarah Nixon at 652-1479 or e-mail [saxson@sungurpost.ca](mailto:saxson@sungurpost.ca).

Co-Sponsored by:



# IN THE CITY

# SEPTEMBER 25, 2013 — 1:35 P.M.

## Going wild at the Mendel



The Mendel Art Gallery's chief curator Lisa Nakagawa spins Picasso-based painter and sculptor Robert Rauschenberg's artwork in the *Awakening Modernity* exhibition, which runs from Sept. 27 to Jan. 5. Contemporary art and the unique history of modernity in Saskatchewan and internationally are featured in this innovative exhibition. **PHOTOS BY MICHAEL REED**

## YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # MY FAVOURITE PLACE

## Co-op offers education, mentorship and respect

By Angelina Irtinich

Since 1986, the Core Neighbourhood Youth Co-op (CNYC) has been educating and mentoring youth in Saskatoon. The program offers academic credit while teaching life and employment skills and provides youth with a safe haven. Executive director Dave Standa says the co-op's aim is to feed the youth's minds, bodies and spirits. He says he hopes they leave feeling "fulfilled — if they find a cause of passion and a sense of belonging to the community, then I think we've done our job." Dominique Night finds that may offer spending time at CNYC. The 18-year-old has been coming to Co-op for the last seven years. She's working to complete the rest of her high school credits at CNYC, where she's already finished her math and sciences.

**Q. What were your first impressions of CNYC?**

**A.** I felt that they had a lot to offer. There were a lot of resources.

**Q. You've been coming here since you were 16. How have you seen it change?**

**A.** Now there's more to CNYC. There's a computer room, no server had a computer room before. We have a greenhouse now. When I first started it was just the food shop and the classroom.

**Q. What are the teachers like at CNYC?**

**A.** They are more concerned; they pay more attention to you and they pay more attention to students that need help. Before, I didn't get that kind of attention. It's modified, so it's work of your own pace.

**Q. Where do you like to spend the most time?**

**A.** The kitchen. I like cooking and making coffee for everyone.

**Q. How often are you here?**



Dominique Night has been coming to the Core Neighbourhood Youth Co-op since she was 16. (Photo by Andrew B. Shaw)

**A.** Every day, Monday to Friday. Sometimes I spend the whole day, sometimes I spend half the day.

**Q. What's a typical day like for you at CNYC?**

**A.** I get here about 9 o'clock. I go to the kitchen and make breakfast and start coffee and then I'll come into the classroom and read until about 9:15. 9:30 then start class. Then we have a break at about 10:30. On break students go for snacks or go on the computers. Some students keep doing their work. I usually

take a break, but lately I've just been enjoying in the classroom doing my work, trying to get caught up.

**Q. What do you do after class?**

**A.** We all have lunch together. We cook together around 11:30 and they teach us how to cook healthy and nutritious, eating healthy and stuff like that. Then we hang out. If students want to work they can work in the food shop or do cleaning or go work in the greenhouse or they can just hang around and play on the computers and stuff.

**Q. What's your favourite thing to do here?**

**A.** Just to hang out with everybody; the staff, the students. I get along with everyone.

**Q. What's the staff like?**

**A.** They are good people to talk to if you need something, you can go go to them to talk about it. They don't judge you. They'll make you feel comfortable; they are very respectful. If you need anything at all they'll help you with it, so just for what it is.

**Q. What's the number one thing you've learned from coming to CNYC?**

**A.** To give respect for myself and others. Just because they treat you with respect. Growing up nobody taught me that. So they treat you with respect and then you just learn from sitting back, watching how they talk to you and eventually you start talking to other people with respect and treating them with respect and treating yourself with respect.

[bridges@thestarphoenix.com/pages/wednesday](mailto:bridges@thestarphoenix.com/pages/wednesday)

## CITY FACES

# BOB ROGERS

## Outdoorsman honoured to receive Lt. Gov. award

By Angelina Irimaci

Bob Rogers is known as Mr. Outdoors, and for good reason. His home is filled with all things nature, wildlife photography, safari-themed blankets and art, and even a duck-shaped telephone that quacks when it rings. He grew up on a farm near Saskatoon, taught science and played outdoors to children for 30 years until his daughter died of cancer hours and thousands of dollars over 30 years to local nature organizations.

In addition to being a member of Ducks Unlimited, Rogers serves as the habitat chairman for the Saskatchewan Wildlife Federation. He's been assigned to developing and conserving wetland areas in Saskatoon, including the popular Neighbourhood Science and Environmental Centre, Chappell Marsh Conservation Park and the Hyde Wetlands in the Rossmore area, scheduled to open next year. The project is a unique partnership between the City of Saskatoon, the Saskatchewan Wildlife Federation and Ducks Unlimited. Rogers is one of the sounds behind the original idea.

"We need to be the city. Why can we not embrace this marsh and make it a natural area right within the city?"

In award-winning design, which includes shades of green ponds and nearby 300 acres of green space, incorporates the wetlands into the city's urban water system to help during snowmelt and rainfall.

"I've always been intensely interested in conservation," Rogers says. Two weeks ago, he was awarded the 2013 Saskatchewan Wildlife Federation Governor's Distinguished Conservation Award for his work in conserving the province's wetlands. He gets quite choked up when he explains how much the award means to him.

"I've done all of these things because your heart is in it. But at the same time it's really gratifying," he pauses to gather himself. "It was a big deal. We all do this out of our desire for habitat and wildlife and you don't do it because you want recognition from



Conservationist Bob Rogers in his yard in Saskatoon. (Special photo by MICHELLE BELL)



Bob Rogers teaches grade 6 kids at Chappell Marsh's 2013 opening. (Special photo)

what you're doing. That's my God, when you get recognition, I think great."

Saskatoon Wildlife Federation executive director Doreen Newberry, one of two people to nominate Rogers for the award, says his passion is uncommon. "He lives and breathes it," Newberry says. "He's very dedi-

cated. When he decides he's going to do something, he gets it done."

Rogers's affinity for nature started when he was a young boy. He started hunting when he was about 13. Now, he's a avid hunter and bird watcher, and takes "thousands" of wildlife photos.

"That's where I come from," beacons of the outdoors.

Rogers also sees the importance in teaching children about conservation and wildlife. He dedicated his long teaching career to instilling those values in his students.

Ducks Unlimited's education and policy specialist, Barb Hinkley, has been working with Rogers on the Hyde Wetlands project. She says his teaching background is an asset because he brings a fresh perspective. Bob can look at those areas with the appreciation of somebody who has been in wetlands all his life but also from the perspective of a very on-the-ground teacher. She adds that he's always been to learn new things.

"I wish I would have had a teacher like Bob Rogers."

Rogers would go above and beyond to teach his lessons. He laughs when he recalls a time he and his wife were walking along the Maclewan Trail and he stopped to catch grasshoppers for his grade 6 science class. Each student got the chance to study a grasshopper under a magnifying glass.

"The outdoors, the world, as our home, the water, the air and all of the plants and wildlife. The big danger now in society, is that we're divorced from that — we don't see that," he explains. "My big thing is to open the eyes of young people today. We have to protect this if we're going to have it for future generations."



The StarPhoenix has teamed up with the City of Saskatoon to bring an exciting rewards program to the pet owners who license their dogs and cats. Responsible pet owners will receive a **My Pet Matters Card** following the purchase or renewal of their pet license. With the My Pet Matters card, you can reap the rewards of pet licensing through the discounts on products and services offered by our participating retailers.

In addition to the benefits of the My Pet Matters program, licensing your pet also ensures the direct return home of your lost pet. If someone is unable to recover it, Should you not be home, they will be taken to a safe shelter where you will be able to pick them up at no charge. As well, it gives you access to all city council areas in Saskatoon.



City of  
Saskatoon

The StarPhoenix

Visit [www.mypetmatters.ca](http://www.mypetmatters.ca) for a complete listing of licensing locations and available REWARDS!

# SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # SASKATCHEWAN'S BEST SPACES

# Balcony big enough for a bounty of blooms

By Ashley Martin

### WHO? Gerard Meng

**WHAT?** The fourth-floor balcony garden of his downtown Roma apartment building.

**WHEN?** After living in the country most of his life, Meng moved from his family farm near Baggotville to a city apartment. He had his eye on this building and moved here two years ago.

An avid gardener since childhood, Meng was initially unsure how to approach his new living space.

**WHY?** "The apartment is a reflection of a 104-year-old house: what you can cram from that into 900 square feet," said Meng. Likewise, the balcony was much different than the farmyard he was used to. "The gardening was a challenge. It was a big sound bite. The first spring came along and I thought, 'well, I'll put some pots out there and try my hand at this.' He paused for three days, thinking, "This is a joke, this isn't gardening."

He had a change of heart with a visit to a garden centre, looking at pots of cacti and succulents. "All of a sudden it's all multiples and that's how you cram 20 pots onto a little balcony and drapes no room for people. It isn't a lock back. Saturday after noon and have a beer type of balcony."

**HOW?** Meng didn't plan his garden. It all happened by trial and error.

"I try by the seat of my pants," taking home plants from local garden centres and placing them here and there. Symmetry isn't important, but if they don't fit or don't live, they get the boot.

"There's no room for rock bags," arranging the cacti, perennials, potato vine, German ivy and bush clover.

Since growing his city garden on a shaded balcony, Meng doesn't miss his large-scale yard.

"It works. It fills the need. A farmyard like that you can become a slave to it. At the height of the season, that was 15 hours a week cutting grass on a riding mower and then doing the trimming with the hand mower for another six hours."

He's happy to live in the downtown lifestyle, now although in a perfect world he'd opt for a slightly larger balcony.

"Sure, ideally I would like the balcony [to be] again as wide," so there could still be a nice comfortable chaise longue or something to really sit out comfortably but it isn't it. Unless I win the lottery — then I'll buy the building and put a garden on top."





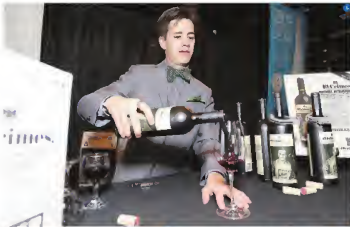
## SPACES



# ON THE SCENE

View more On the Scene photos  
at [Facebook.com/BridgesYXE](http://Facebook.com/BridgesYXE).

## # PREMIER



For wine lovers and foodies, there were ample reasons to hit TCU Place last Saturday night. The premier — Saskatchewan's Fine Wines, Spirits & Specialty Foods Festival — was held Sept. 26 to 28. Presented by the Saskatoon & Regina Home Builders' Association, the festival gives people the opportunity to sample a variety of wines and spirits, alongside gourmet eats from the city's top chefs. A variety of other events were held during the week of Premier, including a luncheon with winemaker Avery Paquette from Chile's Donce-don Paredes Winery at the Willow & Golf & Country Club.

Bridges was on the scene for the final night of Premier at TCU Place.

1. Brandon Jay pours 19 Crimes Australian wine
2. Ryan Sautter, Kristy Jurek, Amanda Jurek and Sandy Jurak
3. Jennifer Almon-Adair, Joana Jovic, Sheila Simonson and Melissa Diers
4. Rub Chessa Winthouse employees serve up cheese
5. Alecia Wood
6. Tracie Dyck and Disha Lohndorf
7. Tereza Lazarek and Mirie Secko
8. Aaron Moore and Michelle McCowan
9. Ryan Allan and Ashlee Smith
10. Tanya and John Wood
11. Kara White and Rian Boudinach

BRIDGES PHOTOS  
BY MICHELLE BERG



# ON THE SCENE

If you know of an event we should attend,  
email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com).



# # RECIPES

## Fish meets salad in a single pan

By Laura Roblin

If crispy new potatoes, lemongrass vegetables, tender fish and the salty notes of capers and olives aren't enough to win you over to this dish, can I make it for you? Also, this dish can be cooked in 45 minutes or less, with just one pan to wash.

This is another recipe from One Pan, Ten Plates, by Chef Stephen Lee, a chef that you can also see other vegetables you may have on hand — carrots, red onion or grape tomatoes, for example — but since the fish cooks quickly, be sure to cut the vegetables into thin or small pieces so they'll be tender when the fish is done.

Wild Pacific Calamari and Farmed Canadian Atlantic halibut (please!) symbol

with infused (olive) gets the Ocean Wise seal of approval, but wild US Atlantic halibut does not.

### Baked Halibut with Warm Fennel-Zucchini Chopped Salad

Makes 2 servings

Prep. time: 45 minutes (just 20 hands-on)

> 200 g (70 g) Halibut fillets

> Salt and freshly ground black pepper

> 1 small fennel bulb, trimmed, sliced and thinly sliced

> 1 small zucchini, trimmed, halved lengthwise, and thinly sliced crosswise

> 2 Kalamata olives, pitted and halved

> 1 tsp (5 ml) capers, rinsed, patted dry and roughly chopped

> 1 gentle clove, minced

> 2 tsp (5 ml) fresh thyme leaves

> 2 tsp (5 ml) fresh lemon juice, plus one of half a lemon when making the dressing (see below)

> 2 tbsp (30 ml) extra virgin olive oil

> 3 new potatoes, scrubbed, halved and very thinly sliced

> Preheat oven to 400 F (200 C). Pat the fillets dry and sprinkle all over with salt and pepper.

A. In a medium bowl, combine the fennel, zucchini, olives, capers, garlic, thyme, lemon juice and oil. 1 tsp (5 ml) of the olive oil, ½ tsp (1 ml) salt and a few grinds of pepper. Toss the vegetables to combine the flavours. Set aside.

B. Heat a 12-in. (30.5 cm) oven-proof skillet over medium-high heat and add the re-

maining 1 tsp (5 ml) olive oil. When the oil shimmers, add the potatoes to the pan and spread in a single layer.

Cover the pan with salt and pepper and cook until crisp on the bottom about 4 minutes.

D. Turn the potatoes with a thin-edged spatula and top them with the hot hot fennel.

Place the marinated vegetable mixture over the top and spread it in an even layer (the liquid accumulated in the bowl will make the pan spicier).

Cover and cook for about 2 minutes, then transfer the covered pan to the oven.

Bake until the fish flakes easily with a fork, about 10 minutes.

E. Divide the fish and vegetables between two warmed plates. Sprinkle with the extra salt, if desired, and serve hot.

Photo: Steve



Baked Halibut with Warm Fennel-Zucchini Chopped Salad can be cooked in 45 minutes or less, with just one pan to wash. JODY HORTON/THIRDAWAVE STUDIOS

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Saskatchewan, a Bachelor of Commerce

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## READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

J. KAREN HEISE

## Not your average recipe book

A few years ago, a group at the San Antonio Council on Aging decided to create a cookbook celebrating the wonderful stories about food.

The seasoned knowers people often gather around kitchen tables and tell stories about recipes they are creating or about traditions or cultural facts the recipes came from or just stories about family and friends enjoying eating or cooking together. The seasoned thought: this combination of stories and recipes would honour family traditions of our grandmothers or other women who worked so hard to provide us with good food.

We used news releases to contact daily newspapers and received responses and stories from across the country.

me. When they all came in, it was difficult to figure out how to categorize them. The stores were as important as the recipes one couldn't use the traditional categories of Soup, Meat, Desserts, etc., typical to most recipe books.



**Sarah Hesse**, coeditor  
Hesse contributor

the Family Measures with sub-categories like Best Buds in Town plus Broads with A Post or Most & Nigs The Way Grandpa and Grandpa Made Them or Puttins and Com-

**Prize Staples and even one called Medicinal Remedies and Old Fashioned Household Tips.** This section has stories about recipes brought over from the old country or new recipes discovered trying to use the produce this new land would grow. On the medicinal side there is a traditional mustard plaster for colds.

but even inventive things like Lion-domin Wine for medicinal purposes (of course). Plus t-shirts like 30 uses for salt and 15 uses for vodka (none of them include drinking it).

for the Holidays, which includes sub-categories for Christmas, Easter, birthdays and parties of all kinds. This includes stories about the horses' families out into their

celebrations, including traditions from their culture like Ukrainian Christmas Eve or unique ones like coffee time at Easter or special birthday cake recipes.

The last section, *Past Along the Reapers*, has subcategories like *Frank Comfort Food Casserole & Potluck Dishes* and *Grandmother's Sweet Inspirations*.

Tests of Time is a tribute to all the culturally diverse and memorable recipes and stories from our past. This cookbook full of stories can be purchased from the links.

Call 386-688-2220. All proceeds from the cookbook go toward supporting programs and services for seniors.



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# GARDENING

## #PREPARING FOR WINTER

### Your to-do list for fall

By Erl Svendsen

This fall has been gloriously — if not unusually — warm. By any reckoning, we should have had several frosty nights by now where we would have taken our last spare sheets and blankets and draped them over our gardens and planters in the hopes of holding onto summer a little longer. Don't get me wrong. I'm enjoying the great weather. But we still need to tackle those annual fall activities to prepare our gardens for winter.

Harvest your peppers, tomatoes, cucumbers, melons, squash and other above-ground vegetables. The amount of growth, development and ripening that you may gain by leaving them out for a few more days may be completely lost by damaging frost. I don't want to discourage the weather forecasters, but they do it always get it right. Why chance it?

Dig up your potatoes, the still-dormant seedlings that you can leave carrots, parsnips and beets in the ground for a while yet. In fact, they'll improve in flavour and sweetness with a few frost episodes. Check how dry the fall has been, water your seed germinators the day before burrowing just to make it easier to dig them out.

Speaking of watering, give your trees, shrubs and perennial beds a good soaking before freeze-up. That is good advice in any year. Despite the appearance of no growth from now to early spring, your plants are doing something under their bark and underground. These processes require more water, especially in the spring as they prepare to get on new growth. This fall has been dry, and if the winter is the same, then spring growth may be stunted.

Still on the topic of water, schedule the last year's underground squanders in a week or two. While the underground system will be protected against a few degrees below freezing, the above-ground parts like the seedlings may suffer damage. If temperatures are forecast to drop be-



The weigela bush (*Weigela alba*) in all of its autumn splendour is a beautiful addition to any garden. (PHOTO COURTESY MATT LAMM)

low 7°C (including wind chill), and the water off to outside. Next, open all the mouse-hold valves on the outside halves. This will release some of the pressure that will build up as water freezes. If a valve is already frozen, do not force it open. First thaw it out by pouring warm water over it and then open it.

Get a head start on next year by planting spring-flowering bulbs like tulips, squill, grape hyacinths, ornamental onions, crocus, daffodils and lilies. There are hundreds of cultivars with varying colours, shapes,

times and flowering times to choose from. Most garden centres are working for you to drop by.

Finally, take the time to notice the colour transformation throughout the landscape. First to change are the oaks, generally turning brilliant yellow.

I was out for a walk recently and couldn't help but remark on how a golden yellow Mancosia oak lit up the street that it would normally have cast shade over. Amazing maple are leafy shades of burgundy, deep red or orange depending on the selection.

Burning bushes (*Elaeagnus* spp.) are at their best this time of year as they also are bright red. These are just a few examples of fall-coloured plants.

Take a walk around your neighbourhood or go to public gardens like Patterson Garden (corner of Preston Avenue and College Drive), the Robson Smith Memorial Garden and the Heritage Rose Garden at the Sekeleson, Presley Farm Park and Zoo, or Innesworth Place (north of the university off Preston Avenue) and take note of how colour, shape and texture are important aspects

of the autumn garden. Consider how you might incorporate some of that into your own garden.

This column is provided by the San Antonians Perennial Society.

#### Upcoming Events:

Fall Ball Sale, Oct. 4 and 5 — come out to the Canadian Prairie Lily Society both side of the Mall at Lawson Heights. Sale runs from 10 a.m. to 4 p.m. each day. Wide selection, well-stocked. Free to drop by to have your lily needs addressed, asked by experts, create lily groves.

## EVENTS

## # MUSIC

Wednesday, Oct. 2

**Flathead**  
Buds on Broadway,  
817 Broadway Ave.

Thursday, Oct. 3

**Jason & Wes** 2013 Night  
Twin Tour w/ Jaka Drews,  
Thomas Rhett and Dee Jay  
Slater  
Credit Union Centre,  
101-300 Thelcher Ave.

**Bliss Invaders**  
Crackers Restaurant and  
Lounge,  
W-327 Pinchhouse Dr.

**Psycho-Beats**  
Buds on Broadway,  
817 Broadway Ave.

**Roots Series: Lee Harvey  
Oswald**  
The Basement,  
202 Fourth Ave. North

**Tour for STARS: Back to Our  
Roots w/ Larry Kneese, Billie  
Keighly and Luvvi Solomons**  
The Refinery,  
609 Dufferin Ave.

**Beats Away**  
Tootsie Nightclub,  
1201 Albert Ave.

Friday, Oct. 4

**Seven Bells**  
Buds on Broadway,  
817 Broadway Ave.

**Floro Friday w/ Neil Currie**  
Big Band Series: The U of S  
Jazz Ensemble  
The Basement,  
202 Fourth Ave. North

**Tribe to Elvis w/ England**  
Nubias Lounge,  
3021 Louise St.

**Nite Life**  
Army & Navy Veterans Club,  
309 First Ave. North



Singer Jason Aikman will perform on Thursday's Credit Union Centre. Rick Pardo

**Loce Oche**  
Fairfield Seniors' Centre,  
933 Fairmont Court

**A Ryann Ratch**  
Marilyn Robinson,  
1030 Eighth St. East

**Forever Young**  
Twin Town Tavern

1030 Fairlight Dr.

**Ultimately Dennis w/ Iris  
Slattery**  
Armstrong Centre,  
632 10th St. East

**Flatheads w/ Greenwood**  
Vergil's Tavern,  
801 Broadway Ave.

**Grandchild w/ The Gift**  
Laurie Park,  
930 Campus Dr.

**Freddie & The Axemen**  
Pizzys Pub and Grill,  
1403 Skyway Dr. North

**Janus Boys**  
Steak Place

**106-100 Rub St. East**  
Saturday, Oct. 5

**Ered Johner and the Johner  
Boys**  
Broadway Theatre,  
710 Broadway Ave.

**Penny Reign**  
Buds on Broadway,  
817 Broadway Ave.

**Roots Series: Calio Macha-  
do**  
The Basement,  
202 Fourth Ave. North

**Army Bandmates & The Zero  
Cast Theory**  
The Refinery,  
609 Dufferin Ave.

**Station**  
Nubias Lounge,  
3021 Louise St.

**Delphi's Rhythm Kings**  
Downtown Legion,  
606 Spadina Cross. West

**Nite Life**  
Army & Navy Veterans Club,  
309 First Ave. North

**Lake 80 Dufferin**  
McNally Robinson,  
300 Eighth St. East

**Blackwater**  
Armstrong Centre,  
632 10th St. East

**Ghost Causin w/ Friends of  
Finn and Joel Cassette**  
Vergil's Tavern,  
801 Broadway Ave.

**Dry Rickards Alexander**  
Keith's Birthday Party  
Finn's Irish Pub,  
924 Spadina Cross. East

**Good Enough w/ members  
of Juvie, Subcons, One  
Stone Dog and The Double  
Daredevil w/ members  
of Reheated, Levagot,  
Twisted System and Dns.**  
The Buds on Broadway  
Complex, Set Aside and The

**Quitters Club**  
Rock Bottom,  
834 Broadway Ave.

**Freddie & The Axemen**  
Pizzys Pub and Grill,  
1403 Skyway Dr. North

**Horizon James**  
Budy's Pub and Grill,  
134 Phoenix Dr.

**Jason Boys**  
Steak Place,  
106-100 Rub St. East

Sunday, Oct. 6

**Station**  
Nubias Lounge,  
3021 Louise St.

**Two Dads w/ Camp Coun-  
cillors**  
Armstrong Centre,  
632 10th St. East

**The Black Jew w/ Fast Eddie**  
Vergil's Tavern,  
801 Broadway Ave.

Monday, Oct. 7

**Gear**  
The D&S Events Centre,  
241 Second Ave. South

**Austin w/ Moon King**  
Armstrong Centre,  
632 10th St. East

Tuesday, Oct. 8

**Herman w/ David Ryan Her-  
rie**  
The D&S Events Centre,  
241 Second Ave. South

**Woodpeckers**  
Vergil's Tavern,  
801 Broadway Ave.

**Joe and Ray**  
A Prince Centre,  
632 10th St. East

**Cancer Bats/Wet Sabbath  
w/ Week-Ends and Dursy**  
Tanker  
Lower Pub,  
930 Campus Dr.



What you need to know to plan your week.  
Send events to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## #ART

### Mendel Art Gallery

Until Oct. 6 at 930 Spadina Cres. East: The Members' Show & Sale in the gallery auditorium. Fall presentations include Inevitable Modernity, an examination of modern and contemporary art from the 1950s to the present; and They Made a Day for a Day Here, a survey of art production by 12 young female artists across the Prairie. Artists by Artists Membership exhibition features work by Cory Seltzer and his mentees, Bruce Montebanous.

### The Gallery, Frances McCreesh Library

Until Oct. 3 at 361 23rd St. East: People and Places in My Life: Research and Travel in India, by Satya P. Sharma. It depicts people and situations primarily from a village near Delhi, India that the artist visited. Fourteen squares by Cindy Heigold-Pelkin, opens Oct. 9 and runs until Nov. 14. An opening reception will be held Oct. 10, from 7 p.m. to 9 p.m.

### The Gallery@Art Placement

Until Oct. 3 at 235 Third Ave. South: Young Travelers by Peter Macdonald. A selection of limited edition linocuts and aluminum cast works as well as original in plastic clay and stone.

### The Mix Gallery

Oct. 4, 4 p.m. to 9 p.m., Oct. 5 and 6, 12 p.m. to 4 p.m., at 539 24th St. East: The Mix Artist's Collectors' Fall Art Show. An opening reception will be held Oct. 4, with an author reading by Anthony Bialas at 7 p.m.

### The Hive and Vase Gallery

Opens Oct. 4 and runs until Nov. 1 at 429 Third Ave., Mesquite. Quiltissimo, a clay and mixed media exhibi-

tion. An opening reception will be held Oct. 6 from 2 p.m. to 5 p.m.

### Brude Gallery

Until Oct. 12 at 300-345 Third Ave. South: Sculptures by Blake Wood.

### AKA Gallery

Until Oct. 19 at 434 20th St. W.: Structure by Melanie Colosimo and built to spec by Jordan Schwab. Through a series of drawings and miniatures that reference self-folding, Structure addresses the way in which we value or undervalue space, structures and processes, and built to spec portrays different understandings of scale.

### 330g

Until Oct. 19 at 330 Ave. G South: Into-day light by Robert Youds.

### Centre East Galleries

Until Oct. 30 at The Centre, 450-456 by Bridge City Artists, work by Sari Federsborg/Saskatoon Pottery Guild, Multi-Pottery Debbie Munger and Pottery Austin Stralings from the Saskatoon Public School Board.

### St. Thomas More Gallery

Until Oct. 23 at 7437 Collier Dr @Hwy 101 Today, French Canadian and other regional artists. Featuring an exhibition by Joe Farber. An already shocking exhibit on the implications of fossil-fueled progress in the construction of the oil, cement and levelling asphalt. Featuring insightful quotes from environmental writers, and supported by misleading and incomplete factual information.

### Stellen Arts Centre, Stearns

Through October at 701 Railway Ave., Stearns. Open immediately by Lindsay Arnold. It is an OSCA touring.



Steve Smith brings his famous character Red Green to Saskatoon in the *How To Do Everything* tour tonight, 7 p.m., at TCU Place. Photo: Mike Mero

### exhibition

#### Affinity Gallery

Until Nov. 9 at 613 Broadway Ave. West: View an exhibition of new work by Cathryn Miller made from abandoned dictionaries and encyclopedias. A reception will be held Nov. 6 from 7 p.m. to 9 p.m.

#### Canadian Museum of Canada

Until Dec. 31 at 510 Spadina Cres. East: Money, Sovereignty & Power: The Paper Currency of Revolutionary Quebec 1817-1920.

#### Defenderbank Canada Centre

Through December at 101 Defenderbank Pl. Taste the City: The Story of Ave Canada. This in-house produced exhibit encourages visitors to look behind the controversy surrounding the Ave. Annot, and focuses on the history and accomplishments of Ave Canada.

#### Black Spruce Gallery

Open through the winter at Northside Antiques on Highway 2. After Glow, a show featuring fall images

and colors of the local Lakeland region.

## #SPECIAL EVENTS

### Red Green's How To Do Everything

Oct. 2, 7 p.m., at TCU Place: Canada's foremost handyman, who became famous for such things as tie dye, Pottery Lodge, and his own unique style of humor and wisdom now shares his thoughts on how to do everything.



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## EVENTS

**Georgina Singers/Wind Orchestra Concert**  
Oct. 3, 7:30 p.m., at Queen's Theatre, Education Building, U of S. The Georgina Singers and the U of S Wind Orchestra perform.

**Praxis Trio**  
Oct. 3-6, 7 p.m., at 800 Playhouse, a concert of theatre, stories, folk, country and old-time music. Featuring Vickie Sykes and the Last Resort Band. With a complimentary buffet.

**InsightHealth LPRF Program**  
Oct. 4, 9 a.m. to 4:30 p.m., at Queen's House Retreat and Renewal Centre, 601 Taylor St. East. Presented by Dr. Joe Schmitt, MD. An informative program about the integrative approach to cancer care. For anyone with cancer who wants more information. To register and get cost information call 877-360-5263.

**Elkth Annual Stokers in Spirit National Vigil**  
Oct. 4-6 p.m., at Saskatchewan Indian and Metis Friendship Centre, 158 West St. Hosted by Women Walking Together (jadowacki@elkth.ca) and friends. A vigil and walk. With speakers: Ruby Heston Winans of Onion Lake, Angle Star of Women Walking Together in FN, Saskatchewan City Public Services, Family and Health. Soup and beer/wine will be served. Everyone is welcome.

**Oktoberfest Giant Thru Whaaherren Meet**  
Oct. 4, 6:30 p.m., at Army, Navy & Airforce Veterans Club, 338 First Ave. North. Enjoying your new life? For Thanksgiving Day, from breakfast to a bedtime snack. Stay and dance to live music by Nite Life.

**Paddy Tutty CD Release Concert**  
Oct. 4, 7:30 p.m., at the Ukrainian Centre, 263 Second St. East. Presented by the Saskatoon Folk Music Association. The folk artist will perform with her new album, *The Last Hold-on*. Featuring Roderic Paul GRIFFIN. For tickets call 356-5592-5592.

**2nd Annual Bob Sagal Fan Club Convention**  
Oct. 4, 8 p.m., at Rock Bottom, 838 Broadway Ave. With music by Nodding Bonkey, Bonkay, The Belknapians and Zenike Bonkay.

**Dance Classes**  
Starting Oct. 4 and running Fridays through mid-April, 7 p.m., at Albert Community Centre, 610 Clarence St. Katona's Quad Ballroom. Women dance class starting Fridays, Oct. 4 and pre- and post-dancing Fridays until mid-April. Dances include Waltz, Two Step, Rumba, Jive, Cha Cha and Tango. Call 306-290-5486.

**Annual Fall Lily Bulb Sale**  
Oct. 4 and 5, 10 a.m. to 6 p.m., at the Mall at Lawson Heights, 136 Princess or Hosted by The Canadian Prairie Lily Society. A wide variety (tens and tens) of fall bulbs suitable for the prairie garden. Funds raised are used to provide two scholarships for students studying horticulture at the U of S, as well as a scholarship and a bursary for students studying horticulture at the Old College of Agriculture in Alberta.

**Georgina Seniors & Quinceperal Camps Walking Tour**  
Oct. 4-5, 3 p.m. to 6:30 p.m., beginning at the Murray Library on U of S campus. An interactive historical walking tour that commemorates the struggles and victories throughout a vast history of sexual and gender diversity on campus. Georgina Seniors will also provide catered and a professional photographer for tour participants to recreate the photo "Men & Hope & the 99 Year Old Kiss". The event is free and wheelchair accessible.

**It's a Woman's World**  
Oct. 4-6 at Painted Red Art & Trade show geared towards women. With door prizes, stage presentations, exhibits and displays for all ages. A India show framed with "Women Rule" displays, product sales, educational seminars how-to sessions, entertainment, and other featured areas with an unabashed focus on everything that women may like, want, need or dream about.

**Full Evening Inventory Sale**  
Oct. 5, 9 a.m. to 10 p.m. for clients and 1 p.m. to 3 p.m. for everyone, at One's for Success. 200 10th St. Featuring blouses, skirts, blouses, handbags and shoes. Text/whatsapp email helma.m@lissal.com. For information call 306-343-7377, email saskatoon@lissal.com or visit [www.thefullsuccess.com](http://www.thefullsuccess.com).

**Light the Night Walk**  
Oct. 5, 3 p.m. to 6 p.m., at Kiwanis Park. Hosted by the Leukemia & Lymphoma Society of Canada. An annual fund-raising walk to support blood cancer research. Hundreds of blood-cancer survivors and supporters will walk in solidarity with illuminated lanterns, white for survivors, red for supporters, and gold for these walking in memory of someone lost to blood cancer. Funds raised go toward therapies, research and better treatments for blood-cancer patients. For more information and to register visit [www.lightthenight.ca](http://www.lightthenight.ca).

**The Red and Black & Blue**  
Oct. 5, 5:30 p.m., at the Bessborough Hotel. A

plumorous evening featuring supper, an art auction, and a performance by soprano Isabel Kienitz with players from the Saskatoon Symphony Orchestra and Manitoba Victor Sosa. Formal attire is requested in support of the Saskatoon Symphony Orchestra and Saskatoon Opera. For tickets call 306-331-1630.

**2nd Annual CIBC Run for the Cure**  
Oct. 5, 8 a.m., at Painted Red Park. Hosted by the Canadian Breast Cancer Foundation. Funded raised support breast cancer research and education initiatives.

**Nutria Legion Fall Supper**  
Oct. 6, 5 p.m., at Nutria Legion. With hams, turkey, all the fixings and homemade pies. For information call 306-334-6303.

**Calvin Tjebk: Stand-Up Revolution**  
Oct. 6, 7:30 p.m., at TCU Place. The stand-up comedian performs a mixture of storytelling, parodies, characters and sound effects that bring of his personal experiences to life.

**Sisters Dining**  
Oct. 6, 8 p.m. to 10 p.m. All Saints Anglican Church hall, 1800 Lorne Ave. Men's dinner classes begin. Sisters dinner begins Oct. 7. First three classes are free. All classes run through April. For information call 306-775-0910 or 306-934-4833.

**Dinner Fundraiser**  
Oct. 6, cocktails at 6:30 p.m. and dinner at 6:30 p.m., at Telly's Lounge, 2000 Eighth St. Cook. Hosted by SCAT Street Art Project Program. Featuring a silent auction, raffles and a 50/50 draw. All proceeds go to benefit homeless arts. For tickets call 306-935-7228 or visit the SCAT office at 106-2150 Faithful Ave.

**Man's Cooking Classes - Level 1**  
Tuesday Oct. 8, 15, 22 and 29, 4 p.m. to 6:30 p.m., at dinner - Westminster United Church, 500 10th St. East. Hosted by The Saskatoon Council on Aging and Saskatoon Home Economics. A small group of men gather to prepare meals that are simple, easy and quick to make. Many cooking experiences are based on information from Living Simply a handbook prepared by Saskatoon Home Economics for adults assuming new responsibilities.

**Annual Family Business Day Dinner**  
Oct. 8, cocktails at 5:30 p.m. and dinner at 6:30 p.m., at the Hilton Garden Inn. Hosted by Canadian Association of Family Enterprise. Featuring a Conversation with the Laidlaw Family, "One, Two, Three - Ready or Not."



Actors, left to right: Patrick Aul, Kristy Ann, and Mary Ann. A scene from *My Christmas* by Patrick Aul.

**Welcome to Family Business?** For tickets or information call 306-292-1838 or email [saskatoon@familybusiness.ca](mailto:saskatoon@familybusiness.ca).

**Spreading and Information for the Hand of Hearing**  
Oct. 9, 23, Nov. 13 and 21, 1:30 p.m. to 3:30 p.m., at Saskatchewan Golf and Hand of Hearing Seniors, 3-511 First Ave. North. Hosted by the Hand of Hearing Association. For information call 306-249-1357.

## THEATRE

**My Christmas**  
Until Oct. 6 at Penitence Theatre. A naive Canadian finds himself in the strange position of believing what should have been his inheritance to a very distant cousin in Belarus. Soon after he arrives, he's caught up in a whirlwind of wedding plans, deceit, and vodka.

**Water Under the Bridge**  
Oct. 7-10, 10 a.m. and 8 p.m., at Studio 914, 914 20th St. West. Written by Michael Washburn & Carrie Costello. The story of two young girls and their struggles to find peace when the world around them is at war. Best friends Sara and Wren live on opposite sides of a river and are from very different cultures. Once the War of 1812 breaks out, Sara's cousin Selma decides that no one is allowed to cross the river anymore and breaks the bridge that ages four and up.

# OUTSIDE THE LINES



## # Colouring contest

Each week Stappero McFar creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [bridges@stappero.com](mailto:bridges@stappero.com). One winner will be chosen each week.



Last week's contest winner is Tegan Quinn. Thanks to everyone who submitted entries.



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## # MUSIC

## Band fishing for the perfect sound

By Andrew Matte

Andy Goodson can't sleep his two passions separate.

Whether it's dropping bait into Greenwater Lake during an autumn fishing trip or turning knobs to search for that elusive digital sound, the recent University of Regina graduate is equal parts musician and outdoorsman.

"I'm trying to get as much fishing in as I can before the snow hits," Goodson says of his solo trip in search of rainbow trout.

"During our shows, we try to incorporate a Saskatchewan story. But I suppose we're probably just boring everybody."

Goodson, a "fishing mythos and fishing enthusiast who came to the Queen City to study business, grew up experimenting with music and learning how to play it. "I have played just about every instrument that's out there."

He debuted in public performance as a member of several bands while experimenting with his own 100% inspired electronic sound. Using music from old VHS tapes containing dance tapes and exercise programs, he combined it with sounds from Nintendo consoles to create a soundscape that is now the signature sound of the

Peasant Butler Genocide. A unique name for a unique concept, Goodson wrote and recorded an album as a soundtrack to his time at Frank Mountain Provincial Park where he was working. Mood, Bedroom Motor is a mostly kind of funk and electronic infused by Goodson's playful tone.

"It has some elements of electronics but it was not much into the sequencing stuff," says Goodson, who says he drew inspiration from Nine Inch Nails and the Talking Heads. "All of the sounds are tapped out on a drum machine or synthesizer, so there is also this organic approach to the music. There are also more organic textures for improvisation."

When he was playing music for friends, he was encouraged to launch "Genocide" as a performance band, which led to the band's stage debut at O'Hanlon's in June of 2012.

The group includes guitarist Keith Anderson and bassist Mitch Dell. Goodson plays "a weird combination of synthesizers from analogue and digital effects," and guitarist Katherine Koudie contributes as a guest vocalist.

After last year's gig, there have been others during which they've collected fans from very close up groups. "We have a lot of people over 30 who are fans, so that has been kind of interest



The Peasant Butler Genocide made their debut with Dell (left), Andy Goodson and Keith Anderson (right) at O'Hanlon's in June of 2012.

ing," says Goodson, who grew up in a fan of bands like The Kinks and David Bowie.

These days, Goodson works as travel coordinator with Tourism Saskatchewan, which usually accommodates him for the outdoors and cutting from the shores of Saskatchewan lakes.

Next up for the band is an EP, which Goodson says will be a more collaborative effort than Mood Bedroom Motor.

There are also plans to tour. "We're going to be working on a tour of Saskatchewan, prairie and parks. That way we can play shows and do some fishing at the same time."

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# SHARP EATS



See a food trend you think deserves a highlight in Bridges? Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## #SASKATCHEWAN FOOD TRENDS

### Cora does breakfast at its best

By Jenn Sharp

They say breakfast is the most important meal of the day, but how many people actually get a good start?

Cora Touchette started her first breakfast shop in Montreal in 1987. A single mother in three teenagers, she needed to support her family and also wanted to encourage healthy eating. Taking advantage of the local trend, she incorporated lots of nutritious options into her breakfast creations. Many of the dishes were named after her customers or staff.

The letters and drawings in the menu today are all taken from the menu Cora drew in that first shop. She made posters for the walls of the dishes as well, copies of which now decorate all 134 Canadian locations.

Cora's first (and highly anticipated) location in Saskatchewan opened last December. Subscribers stretched around the building, located at Preston Crossing shopping area, in Saskatoon, during those first months. Even today Cora is almost always busy, especially on the weekend. It's her good reason.

The French toast, pancakes, waffles, crepes (made on whole wheat) and eggs all come topped (or stuffed) with generous helpings of fresh fruit. It's not your standard breakfast menu either, because and, the menu has lots of gluten-free and vegetarian options, too.

While many of the dishes are fairly healthy if you like eatings, don't get breakfast, you've come to the right place. And let's face it, as a Sunday morning who else isn't want a Banana Bread Chocolatey Banana crepe topped with whipped cream?

The owners of Saskatchewan's Cora, Rebecca Steiner and Tracy Yakowicz, are excited to be a part of the Cora family. The two stress that while the franchise has spread across Canada, it remains a family owned company. In fact, Cora herself came out to the Saskatchewan opening. Any new dishes



One of Cora's best sellers, the Raspberry & Luscious, is a crepe filled with raspberries, a mixture of custard and cream cheese, raspberry sauce and honey. It's accompanied by English cream. Cora also, in addition to all day breakfast, also serves unique lunch dishes. Kitchen manager Debbie Gosselin says new dishes come out every two months. [www.thestarphoenix.com](http://www.thestarphoenix.com)

must meet her approval before being rolled out to Cora's nationwide. Signature menu items, such as the caibard and hollandaise menu, come from Montreal. While the food (the customer) at Cora is delicious, there are downsides to this franchise model, such as the representation and all

shipping food across the country. The partners, who are also owners, get their Saskatchewan restaurant on board with the Cora Foundation. The foundation works to aid children in need, mostly through fundraising drives throughout the year for the Breakfast Club of Canada, which

provides healthy breakfasts to about 150,000 schoolchildren. The next franchisee begins in November.

"One of our goals is to be a part of the community. That's why we want to get involved with local charities," says Yakowicz, adding they'd like to work with the Saskatoon Food

Bank in the future.

Regina doesn't have long to wait for its own Cora — one is set to open at the Crossroads Shopping Centre, located at the intersection of Lennox Drive and Gordon Road near Harbour Landing, in the spring of 2015. [www.thestarphoenix.com/bridges](http://www.thestarphoenix.com/bridges)

## # ASK ELLIE

## Separated husband should announce new relationship

**Q:** I've been separated from my wife for four years, the divorce will come through within a month. Meanwhile, I've met someone I'm dating seriously. I met her early on my separation, because we work at the same office, try. In the same city.

However it wouldn't exacerbate my wife of 26 years' fury had she known I was doing so soon — and she constantly asked this question — so I always denied it.

I did not have any wife for the two years. The marriage had become an oppressive relationship for me due to her controlling behavior. I often legitimately wanted life just to stand going home. The dating had gone on for several years before separating.

Now my son, 20 and dating seriously himself, is asking whether I've involved with someone. If I tell him, he'll surely tell his mom and her version will be unleashed again to our two children and everyone she knows.

But I've tried of lying, and my wife

## Ask Ellie



definitely believed of being kept in the shadows. What should I do?

## Stacked on Deceit

**A:** Get straight. It's natural after this long of a separation for you to have met someone special, and your son should be told that matter of factly, without guilt.

Don't get pushed against a wall of questions over details — e.g. exactly when and where you met her; did you cheat on your wife, when did you start sleeping together, etc.

It's not appropriate for you to answer such one as an interrogation, like a promised guilty party. Say so. Decide about the facts you will reveal, such as, we've known each

other as colleagues, and after the divorce was in progress, I was ready to open myself up again.

If you don't have your mid-winter explains and outline the situation for him, he'll hopefully take your cue.

**Q:** My friend's daughter, dear, has started pulling down her pants as part of my son, son.

My son told me this after a play date at her house with her brother; who's also son. My son and the boys just laughed and kept playing together with a broken pact, as usual.

When I told my friend, she insisted this had never happened before, and that my son must have somehow initiated it.

I'm deeply hurt that she would point a finger when her own daughter could've picked this up from her pre-school friends and it's something I thought we could resolve together.

I'm wondering if I can even let my son play with his best friend any more.

Annoyed Mom

**A:** Did he shame to come between the hope of a friendship — especially if you think his girl's NOT a bad influence — if you can handle this in another way.

Tell the mom clearly that if this behavior was learned by your son elsewhere, then her kids had as much chance to see pants pulling elsewhere, too.

Say that it's up to you two to now give the message you want to your own children, about not exposing their "privates." That their bodies are special, to be protected from strangers, or others' suggestions to "show."

If she's listening add that just blaming another child shifts the responsibility away from the lesson of self-protection, even if a young age.

Otherwise, children should be told to tell their parents if anyone suggests them to get undressed.)

If your friend insists that this was your son's fault, talk to him about it, but he's better that the boys have a break from each other.

**Q:** My mother has remarried a man with young children, 10 and 11. They stay at her home every other week. I'm 21 and can only get home from university so every 2 weeks after when they're present.

I resent sharing my room with these kids. I'm hurt and angry that she doesn't change things when I am home that I'm coming. They have a mother, so even if it's just intimate they have their own home.

## Replaced

**A:** The children also have their "own home" with their father. The courts, with parental agreements, including your mom's acceptance, likely set this arrangement.

You've had your room give my years with your mom, and now you're "making" enough in the long run.

Rise above childhood jealousy and tell your mom you'd like some private time with her. Set a "date" together — e.g. out for lunch and shopping or hanging out at home during while they'd take care of the kids.

# Next week in BRIDGES

Dr. Al Slinkard helped  
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# WINE WORLD

## #QUAILS' GATE

### This bright and intense wine is perfect with food

By James Romanow

There are several phenomena in the wine world that attract attention from the cognoscenti. High on the list is saving the words "old vine" on the label. Typically, grape vines lose productivity as they age, making for more intensely flavored grapes. Also, the root system goes deeper allowing more expression of the soil types and mineral content.

Needless to say when I came across a bottle of Quails' Gate — one of the few reasons to always get the tri-squelopoles in the right place — Old Vine Pinot I jumped on it.

Pechy, or Marechal Pinot, is an odd hybrid, bred for the Alsace that is cold resistant. As a new (very early vintage) grape it's seldom, it's added to a 100% cabernet and result has been gradually disappearing in Europe. It was first planted in the Okanagan by Brighante and I must state these vines date back to first period.

It makes a bright intense wine with a lively acidity in my mind. Caribbean glass of wine references I think of it as in the same class of Delicata from the Piemonte. This makes it an absolutely excellent food wine, particularly with game and lamb.

The Quails' Gate version is first rate. For those at you seeking round, slightly sweet note it won't work at all. It's intense, medium to full bodied, with great acidity. There are some



American oak notes (vanilla, coconut, etc.) in the bouquet and the palate is loaded with spice and flavors of earth, plum, tobacco, coffee. The finish has a hint of vanilla as it fades as a British butter.

If you drink wine with your meals instead of as a cocktail, this is one to grab.

Quails' Gate Old Vine Pinot, Canada, 2008, \$25 wine.

Many wine in Monday's StarPhoenix and on Twitter @jromanow.

## Crossword/Sudoku answers

BASE	EMITS	ITCH
ICED	NASAL	SOLO
THESE	ULTAVOFS	SNAT
SENSE	IN	ROUNDS
GET	PARE	
HAT	STATISTE	HST
DAVE	KTON	GRATE
PRESIDENT	HOVER	
REBORN	AGITE	DRIP
SHUT	ALLOTTING	INS
WORLD	MAKES	UPTO
INADVERTENT	YEAR	
TIT	ARGON	CRUC
EDAR	TEEMS	RUTH

3	4	9	7	5	2	6	8	1
5	6	8	9	4	1	2	7	3
1	7	2	6	8	3	9	4	5
6	3	5	2	9	8	4	1	7
2	8	7	1	3	4	5	6	9
9	1	4	5	6	7	3	2	8
7	5	6	8	2	9	1	3	4
8	2	3	4	1	5	7	9	6
4	9	1	3	7	6	8	5	2

EEK

## StarPhoenix FASHION WEEK ROAD SHOW

WEDNESDAY, OCTOBER 2

THE IVY (12 NOON - 1 PM)

MANO'S ON 8TH STREET (12 NOON - 1 PM)

THURSDAY, OCTOBER 3

MANO'S ON 8TH STREET (12 NOON - 1 PM)

THE IVY (12 NOON - 1 PM)

### MAKE A DATE WITH FASHION!

The StarPhoenix invites you to attend our travelling headline fashion shows, Wednesday, Oct. 2 and Thursday, Oct. 3 at top Saskatoon restaurants. See the latest styles for fall and winter from Saskatchewan's leading retailers. Admission is free.

Guests will also receive an entry form to win a spectacular three-piece suit blue Swarovski crystal and matching silver necklace set from Hilberg & Berk's Fall/Winter 2013 Aurora Lux collection (total value of \$1,385.00). Hilberg & Berk invites you to view their 2013 Aurora Lux collection on display during the Fashion Road Show at The Ivy, on Oct. 2 and 3.

### FASHIONS BY:

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- Dunsen's Fine Footwear & Accessories • Family Focus Dryclean
- Argyle Boutique • Glenice • Edward Fyten Ltd. • Fashion Chromatic
- Caswell • Chateau Designer • Madras Plaza • Sweeney Apparel
- Step Ahead Shoes • Victoria Salon & Spa

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The StarPhoenix

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**PowerStar**

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incredible range, ruggedness and  
compact design (transmits)  
• Up to 4000 ft. range  
• Audio/visual automatic confirmation  
remote starter two way



Reg: \$219<sup>95</sup>  
Sale: **\$179<sup>95</sup>**

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#### PS 4421TW Polar Start

LED optical remote start system including the standard 2 way  
LED transmitter on the market  
• LED receiver for remote confirmation  
• 2000 ft. range  
remote starter two way



Reg: \$259<sup>95</sup>  
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